

Commission Quarterly

County Terminates LLWC Funding

On May 11 at a staff meeting, with the agenda posted online only 24 hours prior and no formal notice given to the Women's Commission, the Lancaster County Board of Commissioners voted 3-2 to terminate its interlocal agreement with the City of Lincoln. The motion, effective July 1, 2006, cut off half of the funding to the Women's Commission, approximately \$87,000 needed for the 2006/2007 fiscal year.



LLWC President Tami Soper, far right, addresses the 60+ people who gathered to show their support for the Women's Commission on May 14th. The LLWC faces extinction on July 1, 2007.

In a show of support, more than 60 people gathered on Mother's Day, May 14, carrying signs to express their displeasure at the County Board's actions.

That Tuesday, May 16, LLWC Director Bonnie Coffey and several citizens asked the County Commissioners at their regular board meeting to reconsider their action. After receiving numerous emails, phone calls, reading letters to the editor and support from the *Journal Star* newspaper, Commissioner Bernie Heir, who voted with the majority, moved at the May 18th staff meeting to reconsider the May 11th action and then moved to fund the commission through June 20, 2007. Commissioner Bob Workman, the originator of the motion breaking the interlocal agreement, voted against the extra year of funding. Commissioner Larry Hudkins, who seconded the original motion to terminate funding this year, was out of town for the May 16th Board meeting and May 18th staff meeting. Commissioners Deb Schorr and Ray Stevens voted against the original May 11th termination and voted for the year extension on May 18th.

The battle to save the LLWC has just begun. Read Director Bonnie Coffey's comments on page 4 and learn what you can do to help save us from extinction!

Women & \$ Conference Coming September 16!

Plan now to join us on Saturday, September 16, 8 a.m. - 2 p.m. at the Cornhusker Marriott Hotel for the 4th Annual Women & Money Conference.

The day offers a wide variety of financial seminars for beginning, intermediate and advance financial knowledge.

Participants may also sign up for individual one-on-one sessions with a personal financial planner. Cost for the conference is \$10 and includes a continental breakfast and lunch. Call 441-7716 to receive a registration form. See page 4 for more information on the sessions.



Are You Ready to Run?

The 2nd annual Ready to Run™ Conference for women interested in running for political office has been scheduled for Saturday, October 14th, 8 a.m. - 3:30 p.m. at the Nebraska Methodist College, Omaha.

Topics include making the decision to run for office, the importance of women in politics, building a base, developing a budget and raising money, creating and working with a campaign team and making political connections.

Registration is \$25 and includes breakfast and lunch. Contact the LLWC at 441-7716 for more information. Seating is limited. See page 8 for more details.

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About Us

The Lincoln-Lancaster Women's Commission (LLWC) is an Advisory Board created by elected officials to advise the Mayor, Lincoln City Council and Lancaster County Board on issues that impact women. Please address any correspondence to: Lincoln-Lancaster Women's Commission, 440 S. 8th St., Ste. 100, Lincoln NE 68508-2294 or call (402) 441-7717.

Editorial Policy:

The Commission Quarterly is a publication of Friends of LLWC. Publishing costs are paid by Friends of LLWC. Materials appearing in this publication shall be in accordance with the purposes, goals and official positions of the Lincoln-Lancaster Women's Commission and Friends of LLWC. The Commission Quarterly is published four times a year: January, April, July and October.

Criteria for Publication:

Submissions by community groups and individuals are welcome. Deadlines are the first of the month preceding the month of publication. Articles are subject to editing, with the author's compliance. Specific opinions expressed are not necessarily the opinions held by LLWC employees, its Commissioners or Friends of LLWC.

Advertising

Advertising is available in a business card sized ad and will be accepted as space is available on a first come, first serve basis. All ads should be camera ready and must be submitted one month before the publication date. For more information on advertising opportunities, call 441-7717.

Friends of the Commission

Friends of the Lincoln-Lancaster Women's Commission is a 501 (c)(3) organization that solicits funds for commission projects.



Friends President's Message

Imagine

By Roberta Stick, Friends President

Imagine a country in which there truly was no gender bias. Imagine a country in which a woman really could be elected president. Imagine a country in which women were proportionately represented in local, state and national government. Imagine a country in which women received equal pay for equal work. Imagine a country in which women had leadership roles in university governance and business and community boards of directors that were proportionate to their presence in the population. Imagine a country in which safe, nurturing and affordable child care was available to all workers and in which child care was a concern for both moms **and** dads. Imagine a country in which women were not objectified but were valued for their intelligence and personality, not body shape. Imagine a country in which women's health care issues were adequately addressed. Imagine a country in which women and children were not victims of domestic violence. Imagine a country in which elderly women entered their retirements on an equal footing with elderly men.

In such a universe there would be no need for an organization such as the Lincoln-Lancaster Women's Commission. But alas, we do not live in such a universe.

As you are all aware, the LLWC may be eliminated after June 30, 2007 due to actions by the Lancaster County Board which has voted to end the interlocal agreement that is the authorizing document and funding agreement for the LLWC. In the immortal words of Yogi Berra - "It ain't over 'til it's over." This is a call to action for all those who support the activities and goals of the LLWC. There is a misconception that the activities of the LLWC are being or can be done by other governmental agencies. It is our responsibility to educate (one of our main goals!) and make governmental officials aware that there is no one else doing what we do - educating and encouraging women, young and old, through print and television and workshops and training to be all that they can be! **Please join me in this effort.**

Meet LLWC's Intern Morgan Beal!



Morgan Beal joined the Lincoln-Lancaster Women's Commission in late March as an intern. While her responsibilities have included daily office tasks and acting as receptionist, her assistance has been invaluable in researching and compiling information for various reports and brochures including "A Place at the Table" and "Why Women Should Vote."

Morgan is a senior at the University of Nebraska-Lincoln and plans on graduating in the spring of 2007 with a bachelor's degree in Women's Studies with minors in Communications, English and Sexuality/LGBT Studies. Morgan states: "I feel very privileged to be participating in an internship that relates to closely to my major."

Morgan will be leaving us in August and says that she is "walking away from this experience gaining a tremendous amount of knowledge and a renewed focus on my future goals."

After graduation, Morgan plans on continuing in the graduate program of public administration with an emphasis in local government and health care at the University of Nebraska—Omaha. She hopes to return to Lincoln and become an active voice for women and children. Thanks for all your help Morgan! We have appreciated it!

*LLWC President's Message***The Value of Women**

By Tami Soper, LLWC President



As many of you are aware, last month the Lancaster County Board elected to discontinue their participation in the city/county interlocal agreement that funds the Lincoln Lancaster Women's Commission (LLWC) effective June 30, 2007. The initial motion made by Commissioner Workman was to discontinue support effective June 30, 2006. When news of that decision was made public LLWC received a huge outpouring of support. We sincerely thank those of you who wrote letters, sent e-mails and made phone calls to express your dismay at the County Board's decision and your support for the Women's Commission. We also want to thank County Commissioners Deb Schorr and Ray Stevens for their continued commitment to the women in Lancaster County.

While the Board did ultimately grant us a one year stay of execution, our work is far from done. LLWC is committed to working diligently over the next year to ensure that the City, the County and the constituents within those jurisdictions understand the work and accomplishments of the LLWC. We ask for your continued conversation with elected officials, encouraging their support of the Commission.

The LLWC offers advisement to local public officials on policy issues regarding women's issues, and education and awareness to empower women in the overarching areas of health, public policy and leadership, and community involvement. The cost to the citizens of Lincoln and Lancaster County is \$.70/per person **per year**. Seventy cents to ensure that our public policies are gender equitable. Seventy cents to reach out to women in diverse social and economic settings and offer them a place to be heard. Seventy cents to teach our mothers, daughters, sisters and friends about how to effectively participate in leadership roles in our community. Seventy cents to provide women with live improving and potentially live saving health information.

The value of the lessons I have learned during my involvement with LLWC is priceless. The value of the women in my life is priceless. I am worth \$.70. If you believe that the women in your life are worth at least \$.70 then continue to make your voice heard. Contact the Lancaster County Commissioners at: Lancaster County Commissioners County-City Building 555 South 10th Street, Room 110, Lincoln, Nebraska, 68508 Office: (402) 441-7447 E-mail: commish@lanaster.ne.gov



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Mission Statement

Working as a division of the Mayor's Office since 1976, the Lincoln-Lancaster Women's Commission strives to assure that the women of Lincoln & Lancaster County have full participation in the issues that have an impact on their lives. The Commission advises City and County officials of social, economic and legal barriers that prevent women from choosing their roles in the family, the labor force and society in general, and working toward the elimination of those barriers. With 15 volunteers and a paid staff of three, the Commission continues to engage in activities designed to heighten community awareness in the areas of self-sufficiency, health care, safety, education and act as a clearinghouse of information for women in need.

You Gotta Have Friends - Will You be Ours?



Become a member and support the Commission.

Send your tax deductible donation(s) to:
Friends of LLWC
PO Box 81454
Lincoln NE
68501-1454

"Defunding is Defunding"

Bonnie Coffey, LLWC Director



It is not my practice to write for the *Commission Quarterly* – this paper is the domain of Friends of LLWC and for news about important contributions of LLWC and its commissioners. This quarter, however, I am compelled to write about the very real possibility that the Lincoln-Lancaster Women's Commission may not survive beyond June 30, 2007.

Throughout the weeks since the news that the Lancaster County Board of Commissioners had voted 3-2 to terminate the Interlocal Agreement that creates and provides 50% of LLWC's funding, I have been a bit taken aback by the response of well-meaning friends. Almost all are congratulatory, indicating that LLWC had won a major battle. To my eyes, however, this is the same box with a different bow on it – defunding is defunding. My concern is that women and supporters of women in Lincoln and Lancaster County are feeling a sense of false security and achievement in this one-year extension of terminating funds and wait until it is too late to help save LLWC.

Many in the community are calling for LLWC to become privately funded – but being privately funded means that the organization is no longer a women's commission. Women's commissions are, by definition, located within government (city and/or county or state). That's the framework that was set up when President John F. Kennedy initiated the national Commission on the Status of Women and then, after recognizing that women face barriers, encouraged cities, counties and states to form their own women's commissions to continue the work toward eliminating those barriers. If LLWC becomes a 501(c)(3), it becomes an additional social organization like Business & Professional Women (BPW), American Business Women's

Association (ABWA) or the YWCA – and LLWC will be competing for private funding just as those organizations do.

Others in the community have roundly criticized LLWC for not providing more direct services, but this is not LLWC's role. By being in government, located in the office of the Mayor, LLWC's role is to work strategically for systemic change in the way our community and society interacts with women to reduce barriers and make long range change. Granted, this process takes longer, but it represents a true seachange in the way, for example, women are represented in leadership positions in our community, or in the way women are able to skillfully handle their own

Women are marrying later in life, getting divorced more frequently and outliving their spouses by an average of 17 years. As a result, nearly 90% of all women will end up managing their finances at some point in their lives.
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Save the Date!

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 Personal Financial Planner!

**Lunch with Comedian & Motivation Speaker
 Juli Burney!**



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A project of the Lincoln-Lancaster Women's Commission and Friends of LLWC. Call 441-7716 for information or to be put on a list to receive a registration form.

Don't Get Left Out

In order to save printing costs and to keep up with the times and technology, the CQ is now available via email and as a download.

To be included on the email list, please send your email address with a request for the CQ to: llwc@lincoln.ne.gov.

But, if you don't use e-mail, call us at 441-7716 and we'll snailmail the paper version. Be sure to keep us informed on your new contact information.

Copies of each issue can also be retrieved from our city's Interlink Web site at:

www.lincoln.ne.gov/city/mayor/women.htm.

The CQ remains free of charge and open to anyone wanting to stay in touch with the Lincoln-Lancaster Women's Commission work, events and programs.



Women Gaining On Men In Advanced Fields

WASHINGTON (*Associated Press*) -- Women now earn the majority of diplomas in fields men used to dominate - from biology to business - and have caught up in pursuit of law, medicine and other advanced degrees.

Even with such enormous gains over the past 25 years, women are paid less than men in comparable jobs and lag in landing top positions on college campuses.

Women earn the majority of bachelor's degrees in business, biological sciences, social sciences and history. The same is true for traditional strongholds such as education and psychology.

In undergraduate and graduate disciplines where women trail men, they are gaining ground, earning larger numbers of degrees in math, physical sciences and agriculture.

"Women are going in directions that maybe their mothers or grandmothers never even thought about going," said Avis Jones-DeWeever, who oversees education policy for the Institute of Women's Policy Research.

The findings were part of a 379-page report, "The Condition of Education," a yearly compilation of statistics that give a picture of academic trends.

Women now account for about half the enrollment in professional programs such as law, medicine and optometry. That is up from 22 percent a generation ago.

The number of women enrolled in undergraduate classes has grown more than twice as fast as it has for men. Women outnumber men on campus by at least 2 million, and the gap is growing.

In business, by far the most popular degree field among undergraduates, women earn slightly more than half of all bachelor degrees; it was one-third in 1980.

"You have a large number of women in the administrative work force, and in the past, they were never able to be the managers and the vice presidents," said Claire Van Ummersen of the American Council on Education. "Now...they can be something other than an administrative assistant."

"Defunding is Defunding"

(Continued from page 4)

money. LLWC is working for a future vision of how this community sees its women interacting and sustaining themselves rather than a three-year program that dies for lack of funding. Who else in Lincoln and Lancaster County holds and protects that vision for women but LLWC?

For those who claim that the time for a women's commission is over, it is apparent that the facts are being ignored: Nebraska ranks 3rd in the country for the percentage of women working outside the home, but ranks 49th in

the number of women in managerial and professional jobs and 41st in median annual earnings. Women's voices are not included in policy making arenas; Nebraska ranks 31st in the country for women in elected office and just 17.7% of Lancaster County's elected officials are female. Nebraska ranks 36th in the country for the percentage of businesses that are woman-owned and conversations on 'work-family' balance in our workplaces has all but died down.

Time is running out. What can you do to ensure the future of the Lincoln-Lancaster Women's Commission? How will you take action to ensure that women's voices are heard in policy making arenas, in economic development, in childcare issues?

Silence is the voice of complicity.

WomenTalk

"Taking Care of Others & You: Caretaking & Long Term Care Insurance"

A show by women about women's issues - aired four times each week on 5 City TV - Cable Ch. 5

Program Schedule

Tuesdays, 9:30 PM

Wednesdays, 10 PM

Thursdays, 1 PM

Sundays, 10 AM

-show subject to preempting



Let's Not Forget Our History!



WOMEN'S

Equality Day

August 26

Celebrating Women's
Right To Vote

August 26, 1920 – an important date for all women to celebrate. This is the official date when women were granted the right to vote.

In remembrance of accomplishing such a huge milestone, President Carter in 1971, at the request of Rep. Bella Abzug, established Women's Equality Day as a reminder of women's continuing efforts for

egalitarianism. After a 72 year struggle, the 19th amendment to the constitution of the United States was finally ratified, granting women the right to vote nationwide.

In case you're not aware of the women's suffrage movement, here's a brief time line of the events leading up to August 26, 1920:

- On July 13, 1848, five women congregated for tea in upstate New York and decided to hold a convention to discuss the rights of women. The convention was held in Seneca Falls, New York with a collaborative goal of creating better lives for women.

- Participants of the convention drafted a Declaration of Sentiment, mimicking the Declaration of Independence in writing style, which stated "we hold these truths to be self

evident...that all men and women are created equal..." Organized by Elizabeth Cady Stanton and Lucretia Mott, over 100 men and women of all different ages and backgrounds signed the document.

- Over the next 72 years, leaders such as Alice Paul, strived to win the fight of women's suffrage through peaceful manners. In 1913, Paul led the march of 8,000 participants on President Woodrow Wilson's inauguration day. And again in 1917, Paul conducted another march in front of the white house for Wilson's second inaugural day.

- Paul's persistent manner proved successful when President Wilson finally responded by supporting the women's suffrage movement. In a speech given on September 18, 1918, he stated "We have made partners of the women in this war. Shall we admit them only to a partnership of suffering, sacrifice and toil and not to a partnership of right?"

- A year later, the house of representatives passed a proposed amendment to the constitution that no one should be denied the right to vote based on sex.

- June 4, 1919 the United States endorsed the amendment and sent it to the States for ratification. Illinois, Wisconsin and Michigan were the first states to pass it.

- The scheduled voting took place on August 18, 1920 where Tennessee made tie breaking vote to pass the amendment.

On August 26, 1920, the 19th amendment became a law. So, mark your calendar for Women's Equality Day and celebrate the day for which so many passionate women fought—and don't forget to vote every time you can—your foremothers are watching!

Voices From Our Past



Bella Abzug
1920-1998

"They used to give us a day—it was called International Women's Day. In 1975 they gave us a year, the Year of the Woman. Then from 1975 to 1985 they gave us a decade, the Decade of the Woman. I said at the time, who knows, if we behave they may let us into the whole thing. Well, we didn't behave and here we are."

"We are coming down from our pedestal and up from the laundry room. We want an equal share in government and we mean to get it."

"The establishment is made up of little men, very frightened."

"All of the men on my staff can type."



Elizabeth Cady Stanton & Lucretia Mott

The Gender Gap Endures, Even in Retirement

Older women's income half that of men; number of poor likely to swell

[The Dallas Morning News](#)—Bob Moos—June 17, 2006
(Reprinted from *Women's Voices. Women Vote.* <http://www.wvvv.org/>)

Adeline Brown had other plans for retirement.

She never dreamed she'd lose her house and car, be forced to take odd jobs to supplement her Social Security and stretch her dollars by going to a barbershop instead of a beauty salon.

But once Ms. Brown left her accounting clerk's job, her income plummeted to less than \$1,000 a month. She quickly exhausted her retirement savings when she paid the bills from a back injury.

"This isn't how my life was supposed to go," she said.

Ms. Brown, who's 63 and lives in Oak Cliff, Texas, is one of millions of older women who live alone and scramble to make ends meet. Their median income is \$12,080 a year, half of what older men receive.

Long overlooked, these women have begun to gain the attention of policy analysts and lawmakers who expect the number of poor older women to swell as 40 million baby boomer women retire.

"Unless there are dramatic policy shifts, boomer women, particularly minority women, will find retirement a never-ending struggle," said Paul Hodge, chairman of Harvard's Global Generations Policy Institute.

Women are more likely than men to spend old age in poverty, in part because many have spent their lives at an economic disadvantage, said Laurie Young, director of the Older Women's League in Washington.

"Women still earn an average of only 76 percent of what men earn," she said. "That means women have an average of \$250,000 less over their working lives to invest in their retirement."

Women also drop out of the workforce for an average of 12 years to care for children or parents. When they do, they forfeit \$550,000 in wages over their lifetime, Ms. Young said.

Time off for family

As family caregivers, women often take more flexible jobs that come with low wages and few, if any, benefits. Frequent job changes also make it harder to qualify for pensions.

Women live longer, which makes them especially vulnerable during retirement. They outlive their husbands by an average of six years and, once alone, often have less money to pay the same bills.

Widows typically lose a third to a half of their household's Social Security income when their spouse dies.

Women who reach 65 can expect to live another 20 years.

"Most older people live on 'fixed' incomes that, except for Social Security, aren't adjusted for inflation," Ms. Young said. "Over 20 years, women's purchasing power can shrink quite a bit."

Cindy Hounsell, executive director of the Women's Institute for a Secure Retirement (WISER), warns that most boomer women will run into many of the financial problems their mothers have.

"The 20 percent with good-paying jobs won't have any worries, but everyone else will," she said.

Though boomer women have worked longer outside the home, they're also more likely to be divorced and have fewer children who can help them as they grow old and frail, Ms. Hounsell said.

Help from the system

Still, retirement experts agree that women won't be able to improve their fate in old age entirely on their own. They'll need changes in Social Security, employer-sponsored retirement plans and labor laws.

The most important reforms will come in Social Security; 29 percent of unmarried older women depend on it as their only source of income, said Ms. Young of the Older Women's League.

"Women shouldn't be penalized for their caregiving when it comes time to figure their Social Security benefits," she said. "They should be given credit for the unpaid care they've provided."

Social Security also needs to rethink its benefits for divorced women, said Kimberley Strassel, co-author of the just-published *Leaving Women Behind: Modern Families, Outdated Laws*.

"The number of divorced older women will double as boomers retire," she said.

A marriage must last 10 years before a divorced spouse can claim benefits based on a former spouse. Since most divorces now occur within seven years, that rule is out of date, Ms. Strassel said.

Pension laws also should be updated to account for the growth in 401(k) retirement plans, said Alicia Munnell, director of the Center for Retirement Research at Boston College.



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(Continued on page 8)

A Little Background

President John F. Kennedy established the first Commission on the Status of Women on December 14, 1961 by Executive Order 10980. A bipartisan organization comprised of 26 members, the commission was chaired by Eleanor Roosevelt. Members included educators, writers, leaders of women's organizations, union leaders, five Cabinet members and members of both houses of Congress.

The Commission examined discrimination against women and recommended ways to eliminate it. It studied legislation and services that would help women to fulfill their roles, whether as housewives or as workers. The commission's final report, "American Women," prompted President Kennedy to sign another executive order creating the Interdepartmental Committee on the Status of Women. Since that time, Commissions on the Status of Women (or Women's Commissions) have emerged throughout the country, developed by state, county and city governments to support the empowerment and education of all women

The Gender Gap Endures, Even in Retirement

(Continued from page 7)

Though such plans will help working women save for retirement as they move from job to job, they pose a problem for anyone who wants to rely partially on a husband's 401(k), she said.

"Traditional pensions give wives an automatic claim on their spouse's benefits, but 401(k) plans usually do not," Ms. Munnell said.

That's a big loophole Congress will be under pressure to close as 401(k) plans replace traditional pensions, said Deborah Chalfie, a senior counsel at the National Women's Law Center in Washington.

The Senate's Special Committee on Aging recently held hearings on how to narrow the gender gap in retirement income and improve women's financial security in old age.

Its chairman, Gordon Smith, R-Ore., has convened a "kitchen cabinet" of retirement experts from financial service companies, advocacy groups and employer organizations to draft legislation.

"Preparing for retirement is a daunting task for all Americans, but women face

unique challenges," he said.

Policy analysts say women should be encouraged to work longer, too.

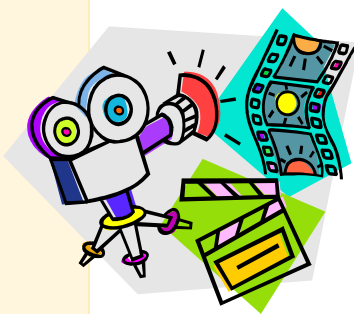
"Too many women take Social Security at 62," said Ms. Hounsell of the Women's Institute for a Secure Retirement. "That's a mistake. They're reducing their monthly checks by about 25 percent by retiring early."

Sen. Herb Kohl of Wisconsin, the ranking Democrat on the Aging Committee, has proposed giving tax incentives to employers who hire older workers and include them in health insurance plans.

More women would work into their mid-to late 60s if employers offered part-time jobs and flexible schedules, he said. Retirement experts expect the prospects for such reforms to improve as the first of the nation's 40 million boomer women become eligible for Social Security in two years and demand a better deal than their mothers got in retirement.

"You can bet politicians will take an interest in this," Ms. Young said. "Older people vote, and there will be more of them than ever."

(Continued on page 9)

Movie Time for Mommies (And Daddies Too!)

Parents, grandparents and caregivers of small children need take a break, pack the kids up and go to the movies!

Part of a community program called, "My Movies for Mommies (And Daddies Too!)", the next movie is set for July 19. Cosponsored by BryanLGH Medical Center, Douglas Theatre Company, My 106.3 FM Radio and the Lincoln-Lancaster Women's Commission, discount movie passes are available to parents, grandparents or caregivers with small children, ages 0-3 years.

The first-run presentation is scheduled for 10 a.m. at the SouthPointe Cinema, 27th & Pine Lake St., in Lincoln, NE. Admission is \$3 for parents/grandparents who bring their child to the theater, limit two tickets. Stroller parking is provided.

Doors open at 9:45 a.m. with door prize drawings and a brief educational presentation. The theater will provide soft house lighting and lower soundtrack noise during the show.

Show times are the third Wednesday of every other month. The next showing is set for September 20, 2006.

For more information, contact the Lincoln-Lancaster Women's Commission at 441-7716. The name of the movie to be shown is usually available a week before the presentation.

Women Voter's Guide Now Here!



In 2000, approximately 22 million single, divorced and widowed women who were eligible didn't cast their ballots in important elections and another 16 million weren't registered to vote. Women, on their own, can transform the pace of American politics.

In an effort to encourage women to not only register, but also vote, the Lincoln-Lancaster Women's Commission (LLWC) has updated its very popular "Why Women Should Vote!" brochure. The brochure frames some of the issues that impact women in contemporary perspectives and statistics to demonstrate the importance of being involved in the political process. The

booklet also provides questions that might be asked of candidates on these issues and encourages women to attend candidate forums and discover where candidates stand.

LLWC Commissioners are working on a long term strategic plan for systemic change, focusing on Women's Policy & Leadership and Women's Health. Through their work on Women's Policy & Leadership, Commissioners are working to actively engage women in the political process through education and tools. This work is unduplicated and supports a common vision of success for the women in Lincoln and Lancaster County.

The booklets are available while supplies last at no charge by calling the LLWC Office at 441-7716 or emailing llwc@lincoln.ne.gov.

The Gender Gap Endures

(Continued from page 8)

STRATEGIES FOR A SECURE RETIREMENT

Become financially literate. If you're married, become a full participant in retirement decisions.

Start investing early. Assuming a 7 percent return, you'd need to save \$9.65 a week at 25, but \$334.50 a week at 60, in order to sock away the same \$100,000 by 65.

Contribute to a 401(k) plan or individual retirement account. Tax-deferred investments reap bigger returns.

Investigate the exact amount of future Social Security benefits. Look for the annual statement Social Security sends prospective beneficiaries.

Learn about your employer's pension plan. Ask if your company offers a pension and how to qualify.

Preserve lump sum distributions for retirement. When you leave a job, don't spend your retirement savings.

More My Medical Records Managers Printed

The *My Medical Records Manager*, a six-page multilingual tool used by women to track their health history, is still available for free from the Lincoln-Lancaster Women's Commission!

This booklet tracks health insurance information, emergency contacts, illnesses, allergies, medical history, medications, surgeries, immunizations, and doctor contacts. Information on patient's rights and tips for navigating the healthcare system are also included.

Due to an overwhelming response and thanks to financing from the Friends of the Commission, additional booklets have been printed.

Available in English, Russian, Spanish, and Vietnamese and on audio cassette in Arabic. The booklets and tapes are free through financial support of Friends of the Commission.

For more information or your copy contact the office at 441-7716.

Calendar of Events

July 2006

- 4: OFFICE CLOSED
FOURTH OF JULY
HOLIDAY
- 10: Friends of the LLWC
Executive Board
Meeting, 5:30 p.m.
- 13: EQUALITY DAY
- 19: My Movies for Mommies
(And Daddies, Too!)
9:45 a.m. SouthPointe
Cinema, 27th & Pine
Lake Rd.
- 19 - 22: NACW Annual
Convention, Downtown
Holiday Inn, Lincoln,
Nebraska
- 25: WomenTalk Taping

AUGUST 2006

- 9: Regular Commission
meeting, 5:45 p.m., K
Street Conference
Room, 440 S. 8th St.,
Ste. 100, Lincoln,
Nebraska
- 26: Women's Suffrage
Anniversary

SEPTEMBER

- 13: Regular Commission
meeting, 5:45 p.m., K
Street Conference
Room, 440 S. 8th, Ste.
100, Lincoln, Nebraska
- 16: 4th Annual Women &
Money Conference,
Cornhusker Marriott,
333 S. 13th St., Lincoln,
Nebraska

Dates to Know!

**2006
Election Calendar**

July 9 First day to accept early/absentee voting by mail requests for general election.

Oct 2 Early/absentee voting starts.

Oct 20 Deadline for mail-in registration.

Oct 27 6:00 p.m. Deadline for in-person voter registration.

Nov 1 4:00 p.m. -Deadline to accept request for absentee ballots to be mailed.

Nov 7 GENERAL ELECTION DAY

7:00 p.m. Deadline for agent to pick up early/absentee ballot.

8:00 p.m. Deadline for return of early/absentee ballot.

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Return to Work/School and Breastfeed Your Baby

Breastfeeding: Healthy Kids 2010, Medela and the Lincoln-Lancaster Women's Commission (LLWC) are cosponsoring educational workshops for women who are planning to return to their job or school schedules as a nursing mother.

Open to nursing mothers free of charge, a light breakfast will be served at the workshop set for Saturday, August 5, 2006, from 9-11:30 a.m. at St. Elizabeth Regional Medical Center, 555 S.70th St., Lincoln, NE. Call 219-8000 for reservations.

The program teaches new and expecting mothers why breastfeeding is important for newborns and working moms. Join other expectant or new mothers and learn why breastfeeding is important for working moms, gather tips from women who are making it happen, see how breast pumps work and find out where to get help. Human Resource directors or those interested in corporate lactation programs is welcome to attend.

There will be free drawings for nursing-related prizes and baby gifts. For more information, contact the Lincoln-Lancaster Women's Commission, 441-7716.

A Workshop Designed for Women Wanting to Run for an Elected Office
Knowing how to run for office gives you the edge on the campaign trail

2nd Annual
Ready to Run™
Nebraska Methodist College
720 N. 87th Street, Omaha, NE 68114
Corner of 87th & Burt
Josie Harper Campus - Clark Center

Join us on Saturday, Oct. 14, 2006
8 am to 3:30 pm
Includes Continental Breakfast

Lunch and Roundtable Discussion
"Building and Working with a Campaign Team"
Current and former elected officials

Call Today for your registration packet!

PAYMENT DEADLINE
Wednesday Oct. 6, 2006
Pre-registration is Required

Registration Fee - \$25
Lunch Provided
Seats Limited

Keynote Speaker,
"Importance of Women in Politics:
What Women Bring to the Table"
Lou Ann Linehan, Chief of Staff,
Office of U.S. Senator Chuck Hagel

"Making the Decision to Run"
Mary Johnson, Ruth Mueller Robak, LLC, and
Kathy Campbell, former Lancaster County
Board Commissioner.

"Building a Base"
Brenda Council, former Omaha City Council

**"Developing a Campaign Budget
& Raising Money"**
Senator Nancy Thompson and
Vicky Kohout

"Making Political Connection"
Mary Barrett, The Barrett Group, LLC.

**For Reservations, Call Your City's
Contact Number Below!**
- Co-Sponsored By -

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*Ready to Run is a program of the Center for American Women and Politics, Eagleton Institute of Politics, Rutgers, The State University of New Jersey



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Friends of the Lincoln-Lancaster
Women's Commission

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